

MON

TUE

WED

THU

FRI

3 12:05pm  
Spin & Run  
w/Jason  
5:30pm  
Forever Fit (55+)  
w/Roberta

4 9:30am  
**NO CLASS**  
11:05am  
Yoga  
w/Jason  
12:05pm  
Total Body  
Conditioning  
w/Dion  
5:30pm  
The Ride  
w/Michelle

5 11am-12pm  
Ride & Stride  
(HITT Spin & Run)  
w/Jason  
12:05pm  
ZUMBA  
w/Robin  
5:30pm  
Senior Dance  
Class (55+)  
w/Roberta

6 9:30am  
Mousercise  
(Youth Services)  
11:05am  
Qigong  
w/Paul  
12:05pm  
Super Set Circuit  
w/Michelle  
5:30pm  
Step-ology  
w/Jason

7 11:05am  
Hard-CORE  
w/Jason  
12:05pm  
Revolutions!  
w/Michelle  
5:30pm  
New Beginnings  
w/Jason

10 12:05pm  
Spin & Run  
w/Jason  
5:30pm  
Forever Fit (55+)  
w/Roberta

11 9:30am  
Mousercise  
(Youth Services)  
11:05am  
Yoga  
w/Jason  
12:05pm  
Total Body  
Conditioning  
w/Dion  
5:30pm  
The Ride  
w/Michelle

12 11am-12pm  
Ride & Stride  
(HITT Spin & Run)  
w/Jason  
12:05pm  
Mix It Up!  
w/Michelle  
5:30pm  
Senior Dance  
Class (55+)  
w/Roberta

13 9:30am  
Mousercise  
(Youth Services)  
11:05am  
Qigong  
w/Paul  
12:05pm  
ZUMBA  
w/Robin  
5:30pm  
Step-ology  
w/Jason

14 11:05am  
Hard-CORE  
w/Jason  
12:05pm  
Revolutions!  
w/Michelle  
5:30pm  
New Beginnings  
w/Jason

17 12:05pm  
Spin & Run  
w/Myk  
5:30pm  
Forever Fit (55+)  
w/Roberta

18 9:30am  
**NO CLASS**  
11:05am  
**NO CLASS**  
12:05pm  
Total Body  
Conditioning  
w/Dion  
5:30pm  
The Ride  
w/Michelle

19 11am-12pm  
**NO CLASS**  
12:05pm  
Mix It Up!  
w/Michelle  
5:30pm  
Senior Dance  
Class (55+)  
w/Roberta

20 9:30am  
**NO CLASS**  
11:05am  
Qigong  
w/Paul  
12:05pm  
Super Set Circuit  
w/Michelle  
5:30pm  
Step-ology  
w/Michelle

21 11:05am  
Hard-CORE  
w/Myk  
12:05pm  
Revolutions!  
w/Michelle  
5:30pm  
**NO CLASS**

24 12:05pm  
Spin & Run  
w/Myk  
5:30pm  
Forever Fit (55+)  
w/Roberta

25 9:30am  
**NO CLASS**  
11:05am  
ZUMBA  
w/Robin  
12:05pm  
Total Body  
Conditioning  
w/Dion  
5:30pm  
The Ride  
w/Michelle

26 11am-12pm  
ZUMBA  
w/Robin  
12:05pm  
Mix It Up!  
w/Michelle  
5:30pm  
Senior Dance  
Class (55+)  
w/Roberta

27 9:30am  
**NO CLASS**  
11:05am  
**NO CLASS**  
12:05pm  
Super Set Circuit  
w/Michelle  
5:30pm  
Step-ology  
w/Michelle

28 11:05am  
Hard-CORE  
w/Myk  
12:05pm  
Revolutions!  
w/Michelle  
5:30pm  
New Beginnings  
w/Roberta

31 Tribal  
Complex closed  
Memorial Day

May 2010  
Group Exercise Calendar

**Core Fusion:** Get to the core of the matter with core fusion! A terrific, functional workout, with an extreme emphasis on abdominals and other movements recruiting the entire core. It combines many movement modalities including: stability ball, medicine ball, Pilates and yoga. The best of the best. Everybody wants better abs! But more than just looks, strong abs help support the body and back as well as contribute to overall core strength. This class has hit 'em hard abdominal work firming up the various muscles including transverse, obliques, and abdominus. No warm-up here so be ready to work!

**Hard-CORE:** Every muscle relies on your abs, hips, and lower back, a.k.a. your core. It's your base--and your center of attraction this is what you will be working in this class utilizing different equipment.

**Mix It Up!:** Get a total body workout all in one class. cardio training & muscle-conditioning utilizing either a step, hi/low aerobics, or kickboxing to challenge your cardiovascular capabilities. Class may also include abdominal and/or flexibility session during the cool-down.

**New Beginnings:** If you are new to aerobics or have not been exercising for a long time, this is the class for you. In this class we will focus on getting your blood flowing and your heart pumping through aerobic exercise. The class will vary from basic step, to basic floor exercises. Class will begin with a warm-up and stretch and will be followed with guaranteed movement. At the end of your workout, you will enjoy a safe cool-down and stretch. The class will vary from week to week, but the fact that you are moving to a healthier you will still remain!

**Revolutions!:** A self paced indoor studio cycling program. Experience an all terrain ride for a maximum leg/lung challenge. This class will increase your strength and cardiovascular fitness with steeper climbs, longer sprints, and higher intensity intervals.

**Qigong:** (or ch'i kung) uses breathing and slow graceful movements to develop "qi" and is said to improve health. Although qigong is often confused with martial arts or tai chi, qigong is usually much slower and focuses on the "qi" aspect to a much greater degree. With more than 10,000 styles of qigong and 200 million people practicing there are a variety of methods. There are three main reasons why people do qigong: 1) To gain strength, improve health or reverse a disease 2) To gain skill working with qi so as to become a healer 3) To become more connected with the "Tao, God, True Source, Great Spirit" for a more meaningful connection with nature and the universe.

**The Ride:** This 60-75 minute class challenges riders' endurance and toughness. Extreme components include intervals of out-of-the-saddle riding, jumps and sprints.

**Ride & Stride:** Come out and experience an energetic class taught by an enthusiastic instructor. The class will consist of a 30-minute HITT (high intensity cycling segment followed by a 2-mile run).

**Senior (55+) Dance Class:** Exercise your body and your mind by dancing to lively, upbeat music. Dancing is a fun way to dance socially with or without a partner and receive multiple health benefits. Dancing styles covered in this class may include Country Western line dancing & Oldies (Rock 'n' Roll). No previous dance experience necessary.

**Spin & Run:** This class incorporates a variety of cycling terrains, flats, climbs, sprints and more. Plus off bike cardio segments help build endurance (85-95% of maximum heart rate). Instructor may add agility movements off the bike, running indoor (treadmill) or outdoor running and more.

**Step-ology:** Still popular after all these years, step aerobics can help you trim, tone, and tighten like nothing else! Fresh choreography and upbeat music provide the essential ingredients for this super fun, classic workout. The hour will be over before you know it!

**Super Sets Circuit:** Interval training is one of the best ways to burn fat and calories! This class features short sets of higher intensity with sets of lower intensity activity. This class includes cardio and weight intervals to a challenging upper and lower body workout designed to improve muscular strength and endurance using resistance. Equipment may include weights, elastic tubing, body bars, stability balls and more.

**Total Body Conditioning (TBC):** Just like the names says-this TOTAL BODY workout will incorporate exercises for every body part from head to toe utilizing stability balls, dumbbells, resistance tubing, stability balls and more. A totally challenging, totally effective, totally awesome class!

**Totally Fit (55+):** Totally Fit is an adult fitness class which and focuses on cardiovascular and muscular conditioning. Designed to accommodate all levels, this class allows you to set your own pace.

**Yoga:** Combination of various styles of yoga, introducing series of flowing postures and rhythmic breathing for a complete mind and body workout.

**Zumba:** A Zumba workout mixes body sculpting movements with easy-to-follow dance steps mainly derived from Latin music. The routines feature aerobic interval training with a combination of fast and slow rhythms to tone and sculpt the body. It targets areas such as the glutes, legs, arms, abdominals, and the heart. Participants do not have to know how to dance to do Zumba. The move combinations and Latin rhythms strive to create a party-like atmosphere - a more "feel happy" workout than may be experienced in other group exercise class types. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique.